















































Weekly Menu




































April 14th – April 20th, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>SOUPS</u></p> <p>Italian Vegetable 50cal 2g sugar</p> <p>Cream of Asparagus Soup 40cal 3g sugar </p>	<p><u>SOUPS</u></p> <p>Italian Vegetable 50cal 2g sugar</p> <p>Lentil and Vegetable Soup 340cal 3g sugar</p>	<p><u>SOUPS</u></p> <p>Italian Vegetable 50cal 2g sugar</p> <p>Broccoli & Cheddar Soup 70cal 2g sugar </p>	<p><u>SOUPS</u></p> <p>Italian Vegetable 50cal 2g sugar</p> <p>Beef Vegetable Soup 70cal 2g sugar</p>	<p><u>SOUPS</u></p> <p>Italian Vegetable 50cal 2g sugar</p> <p>Tuscan White Bean & Kale Soup 60cal 1g sugar</p>	<p><u>SOUPS</u></p> <p>Italian Vegetable 50cal 2g sugar</p> <p>Chicken Vegetable Barley Soup 70cal 2g sugar </p>	<p><u>SOUPS</u></p> <p>Italian Vegetable 50cal 2g sugar</p> <p>Cream of Mushroom Soup 120cal 4g sugar </p>
<p><u>LUNCH</u></p> <p>Seafood Vegetable Lasagna, Garlic Bread 430cal 4g sugar    </p> <p>OR</p> <p>Chicken Chefs Salad 610cal 1g sugar  </p>	<p><u>LUNCH</u></p> <p>Turkey BLT Wrap with Fries 700cal 2g sugar  </p> <p>OR</p> <p>Salmon and Spinach Frittata, Hashbrown, Herbed Tomatoes 390cal 2g sugar  </p>	<p><u>LUNCH</u></p> <p>Monte Cristo Sandwich, Sweet Potato Fries 500cal 9g sugar   </p> <p>OR</p> <p>Mushroom Beef Stew, Soft Bun 290cal 4g sugar </p>	<p><u>LUNCH</u></p> <p>Grilled Honey Dijon Chicken, Pear & Pecan Salad 460cal 32g sugar  </p> <p>OR</p> <p>Bangers & Mash, Beans & Peas 500cal 9g sugar</p>	<p><u>LUNCH</u></p> <p>Mushroom Swiss Turkey Burger, Curly Fries 490cal 5g sugar  </p> <p>OR</p> <p>Lemon Herb Halibut, Garden Salad 130cal 1g sugar </p>	<p><u>LUNCH</u></p> <p>Pulled Pork Quesadilla, Sour Cream, Mexican Rice 760cal 5g sugar  </p> <p>OR</p> <p>Grilled Chicken, Greek Salad 120cal 0g sugar </p>	<p><u>LUNCH</u></p> <p>Beef & Cabbage Casserole 180cal 3g sugar</p> <p>OR</p> <p>Chicken Parmesan Panini 580cal 5g sugar   </p>
<p><u>DESSERT</u></p> <p>Strawberry Lemonade Poke Cake 230cal 24g sugar   </p>	<p><u>DESSERT</u></p> <p>Vanilla Tea Biscuit with Warm Peaches 220cal 10g sugar   </p>	<p><u>DESSERT</u></p> <p>Chocolate Peanut Butter Brownie 210cal 22g sugar    </p>	<p><u>DESSERT</u></p> <p>Lemon Blueberry Yogurt Parfait 100cal 13g sugar </p>	<p><u>DESSERT</u></p> <p>Fruit Strudel 470cal 30g sugar  </p>	<p><u>DESSERT</u></p> <p>Coconut Cream Pudding with Pineapple 290cal 24g sugar </p>	<p><u>DESSERT</u></p> <p>Cinnamon Streusel Coffee Cake 480cal 34g sugar   </p>

Soup, Greens Salad or Caesar Salad Available with Lunch and Dinner, Followed by In House Made Dessert

Weekly Menu

April 14th – April 20th, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>DINNER Beef & Broccoli, Black Bean Sauce <i>180cal 3g sugar</i>  </p> <p>OR</p> <p>Sweet & Sour Pork <i>310cal 19g sugar</i></p>	<p>DINNER Seared Steelhead Trout, Garlic Butter Sauce <i>170cal 0g sugar</i>  </p> <p>OR</p> <p>Mediterranean Chicken Thigh, Tomato Bruschetta <i>290cal 5g sugar</i></p>	<p>DINNER Lamb Kebob, Tzatziki Sauce, Pita Bread <i>350cal 3g sugar</i>  </p> <p>OR</p> <p>Pork Tenderloin Oscar, Shrimp Asparagus, Bearnaise Sauce <i>370cal 1g sugar</i>   </p>	<p>DINNER Spaghetti & Meatballs, Tomato Sauce, Garlic Bread <i>290cal 9g sugar</i> </p> <p>OR</p> <p>Lemon Herb Sole Fillet <i>210cal 2g sugar</i> </p>	<p>DINNER Beef Liver, Bacon & Onions <i>270cal 0g sugar</i></p> <p>OR</p> <p>Fish & Chips Tartar Sauce, Coleslaw <i>470cal 9g sugar</i>   </p>	<p>DINNER Linguine Vongole, Garlic Bread <i>610cal 2g sugar</i>  </p> <p>OR</p> <p>Chicken Kiev <i>270cal 3g sugar</i>  </p>	<p>EASTER DINNER <i>Herbed Butter</i> Turkey Breast AND Roast Beef <i>topped with Caramelized Onions and Mushroom</i> SERVED WITH Hot Crossed Bun, Mashed Potatoes, Peas and Carrots</p>
<p>DESSERT Cherry Almond Ricotta Cake <i>320cal 3g sugar</i>    </p>	<p>DESSERT Strawberry Flan <i>330cal 35g sugar</i> </p>	<p>DESSERT Vanilla Cake <i>450cal 51g sugar</i>   </p>	<p>DESSERT Very Berry Bread Pudding <i>500cal 27g sugar</i>   </p>	<p>DESSERT Chiffon Cake with Strawberries and Cream <i>440cal 30g sugar</i>   </p>	<p>DESSERT Neapolitan Cheesecake <i>350cal 21g sugar</i>   </p>	<p>DESSERT Carrot Cake with Cream Cheese Icing</p>

Soup, Greens Salad or Caesar Salad Available with Lunch and Dinner, Followed by In House Made Dessert

Feature Potato: Smashed Potato
Menu Subject to Change

ALLERGENS

